MRS. KNOX'S

SUGAR-LESS

DESSERTS AND SALADS

Dear Mrs. Housewife:

Many people are looking for recipes that may be made without sugar, without sacrificing appetite appeal. To help you, I've assembled sixteen of them in this little booklet . . . Knox Gelatine salads and desserts . . . every one delicious, every one containing protective food values.

I'm sure these sugar-less, nutritious Knox Gelatine dishes will be popular with your family. (Mine loves them). And here's another good idea! If someone at your house is on a low-sugar diet, these recipes are really a "find." They're grand for weight-watchers, convalescents, and often are used in prescribed diabetes diets. Do try them!

I have carefully tested all these Knox dishes in my own kitchen. You'll find them simple to make. But for best results, I urge you to use only plain, unflavored Knox Gelatine. It's been a favorite with housewives for over fifty years. So don't accept substitutes.

Ask for Knox!

Sincerely,

A. W. Knox

(MRS. CHARLES B. KNOX)

LUNCHEON SALAD

(Serves 6)

1 envelope Knox Sparkling Gelatine
¾ cup cold water
1 10½-oz. can condensed consomme
2 tablespoonfuls lemon juice
¼ teaspoonful salt
1 cup finely diced leftover meat (lamb, veal, beef, pork, chicken, etc.)
½ cup chopped celery
2 tablespoonfuls chopped green pepper, if desired

Soften gelatine in ¼ cup of the cold water. Combine soup with remaining ½ cup water and bring to a boil. Add softened gelatine and stir until dissolved. Add lemon juice and salt. Cool, and when mixture begins to thicken, fold in meat and celery and green pepper if used. Turn into 4-cup mold or loaf pan (or individual molds) that has been rinsed in cold water, and chill. When firm, unmold on desired salad greens and serve with mayonnaise.

Note: 1½ cups boiling water and 2 bouillon cubes may be used instead of canned consomme. Homemade soup stock may also be used, in which case you would soften the gelatine in ¼ cup cold water and dissolve it in 1½ cups of the hot soup.

Any desired combination of leftover vegetables such as corn, string beans, cabbage, carrots, peas, etc., may be used instead of celery.

TUNA FISH, SALMON OR CRABMEAT SALAD

(Serves 6)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
1 cup tuna fish, salmon or crabmeat
½ cup celery, chopped
½ green pepper, finely chopped
2 tablespoonfuls olives, chopped
¾ cup cooked salad dressing or mayonnaise
½ teaspoonful salt
¼ teaspoonful paprika
1 tablespoonful mild vinegar
Few grains cayenne, if desired

Soften gelatine in cold water. Place dish over boiling water and stir until gelatine is dissolved. Cool, and add salad dressing, fish separated into flakes, celery, pepper (from which seeds have been removed), olives, salt, vinegar, paprika and cayenne. Turn into individual molds that have been rinsed in cold water and chill. Remove to nests of lettuce leaves and garnish with slices cut from stuffed olives, diamond shaped pieces cut from green pepper, celery tips and watercress.

TOMATO SALAD RING

(Serves 6)

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold water
- 2 cups canned or fresh tomatoes
- ½ bay leaf (if desired)
- ½ teaspoonful salt
- Stalk celery
- A little Cayenne or pepper
- 1 tablespoonful mild vinegar or lemon juice
- 1 tablespoonful onion juice

Mix tomatoes, bay leaf, salt, celery and Cayenne or pepper and boil ten minutes. Soften gelatine in cold water. Add to hot mixture and stir until dissolved. Add vinegar and onion juice (extracted by grating onion). Strain. Turn into ring mold first rinsed in cold water; chill. (To fill 9-inch mold, double recipe.) When firm, unmold on lettuce. Fill center, if desired, with potato salad or cole slaw. Tomato juice may be used instead of canned or fresh tomatoes.

VEGETABLE SALAD

(Serves 6)

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold water
- 3 tablespoonfuls mild vinegar
- ¾ cup carrots, grated fine or shredded
- 2 tablespoonfuls chopped parsley or raw spinach
- 1 cup hot water
- 1 tablespoonful lemon juice
- 1 teaspoonful salt
- ¾ cup cabbage, grated fine or shredded
- 2 teaspoonfuls onion juice (extracted by grating onion)

Soften gelatine in cold water. Add salt, hot water. Stir until dissolved. Add vinegar, lemon juice, onion juice. Cool. When mixture begins to thicken add remaining ingredients. Turn into mold that has been rinsed in cold water. Chill. When firm, unmold. Decorate with raw carrot and green pepper. Serve with salad dressing.

EGG SALAD

(Serves 6)

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold water
- 1 cup mayonnaise
- 4 hard cooked eggs (either sliced or diced)
- ½ cup celery, chopped
- 2 tablespoonfuls green pepper, chopped
- 2 tablespoonfuls pickle relish
- 1 tablespoonful pimiento, chopped
- 1 tablespoonful lemon juice
- ¾ teaspoonful salt

Soften gelatine in cold water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and beat into the mayonnaise. Add other ingredients and mix thoroughly. Turn into loaf pan that has been rinsed in cold water, and chill. When firm, unmold and slice very thin. Arrange slice of Egg Salad on lettuce and garnish with slices of tomato, cucumbers or radish roses.

SAVORY CORNED BEEF LOAF

(Serves 6)

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold water
- 1½ cups tomato juice
- ½ teaspoonful salt
- 1 teaspoonful grated onion juice
- 2 tablespoonfuls lemon juice
- 1 teaspoonful Worcestershire sauce
- 1½ cups corned beef cut in small pieces
- ¾ cup chopped celery
- 3 hard cooked eggs, sliced
- ¼ cup chopped pickle relish (if desired)

Soften gelatine in cold water and dissolve in hot tomato juice. Add salt, onion juice, lemon juice and Worcestershire sauce. Stir well. Rinse loaf pan out with cold water. Garnish bottom with slices of hard cooked egg and cover with a little of the gelatine liquid. Chill in refrigerator until set. Cool remaining liquid until mixture begins to thicken and fold in corned beef, celery and pickle relish. Line sides of loaf pan with sliced eggs and fill with meat mixture. Chill until firm. Unmold on platter and garnish with watercress, lettuce or desired greens. Serve with mayonnaise or any desired dressing.

APPLE CRISP SALAD

(Serves 6)

- 1 envelope Knox Sparkling Gelatine
- ½ cup cold water
- 1 cup hot water (or fruit juice)
- ¼ cup lemon juice or mild vinegar
- 3 tablespoonfuls honey (light corn syrup or sugar)
- ½ teaspoonful salt
- ½ cup chopped celery
- 2 tart apples, cut in small pieces
- ¼ cup chopped nuts

Soften gelatine in cold water and dissolve in hot water. Add lemon juice, honey (light corn syrup or sugar), salt, and stir well. Cool, and when mixture begins to thicken, fold in remaining ingredients. Turn into one large or individual molds that have been rinsed in cold water and chill. When firm, unmold onto lettuce, watercress or desired greens and serve with any desired dressing.

LEMON CHIFFON PIE

(Filling for one 9-inch pie)

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold water
- 3 eggs
- 1 cup light corn syrup or ⅔ cup sugar
- ½ cup lemon juice
- ½ teaspoonful salt
- 1 teaspoonful grated lemon rind
- 1 crumb crust or baked pie shell

Soften gelatine in cold water. Beat egg yolks, add ¾ cup of the corn syrup (or ½ cup of the sugar), lemon juice and salt. Cook in double boiler until custard consistency, stirring constantly. Add softened gelatine and stir until dissolved. Add grated lemon rind. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites to which remaining corn syrup or sugar has been added. Turn into baked pie shell or crumb crust and chill. Sprinkle with chopped walnuts, if desired.

COTTAGE CHEESE SALAD MOLD WITH FRUIT

(Serves 6-8)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
2 cups cottage cheese
¾ teaspoonful salt
⅛ teaspoonful paprika
1 tablespoonful lemon juice
½ cup milk
2 cups diced mixed fruits

Soften gelatine in cold water and dissolve over hot water. Mash cheese very fine or put through sieve. Add seasonings, milk, and dissolved gelatine. Turn into individual ring molds (or one larger one) that have been rinsed in cold water, and chill. When firm, unmold onto salad greens and fill centers with diced mixed fresh fruits. Serve with any desired dressing.

JELLIED FRUIT SALAD

(Serves 6)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
1 cup hot water
¼ cup lemon juice
¼ cup honey (⅓ cup light corn syrup or ¼ cup sugar)
¼ teaspoonful salt
1½ cups diced mixed fresh fruits

Soften gelatine in cold water and dissolve in hot water. Add lemon juice, honey (or other sweetening) and salt. Stir well. Cool, and when mixture begins to thicken, fold in diced fruits. Turn into one large or individual molds that have been rinsed in cold water and chill. When firm, unmold onto lettuce, watercress or desired greens and serve with any desired dressing.

PEPPERMINT STICK ICE CREAM

(Serves 6)

1 envelope Knox Sparkling Gelatine
¼ cup cold milk
1¾ cups scalded milk (not boiled)
1 pint cream
¼ teaspoonful salt
1 cup or ¼ lb. peppermint stick candy

Scald one and three-fourths cups milk. Pour one-fourth cup cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Add to scalded milk, dissolving the gelatine thoroughly. Add crushed peppermint candy and salt. When this is dissolved, let cool. Add mixture to the whipped cream. Freeze in tray of mechanical refrigerator and stir every thirty minutes until mixture will hold its shape.

PEACH FANTASY

(Serves 6)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
¼ teaspoonful salt
⅛ teaspoonful ground cinnamon and cloves mixed
½ cup hot canned peach syrup or hot water
1 cup canned peaches, mashed
1 tablespoonful lemon juice
2 egg whites, stiffly beaten

Soften gelatine in cold water. Add salt, spices and hot water or hot syrup, and stir until gelatine is dissolved. Add mashed peaches and lemon juice. Chill in refrigerator until mixture begins to thicken. Beat until frothy and fold in beaten egg whites. Turn into mold that has been rinsed in cold water and chill until firm.

TOMATO CHEESE SALAD

(Serves 6)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
1 small can cream of tomato soup
1 3-ounce package cream cheese
½ cup chopped celery
¼ cup stuffed olives
1 chopped green pepper
½ cup mayonnaise

Soften gelatine in cold water. Heat soup to boiling point. Add softened gelatine and cream cheese and stir until dissolved. Cool, and when slightly thickened, add celery, olives, green pepper and mayonnaise. Pour into individual molds that have been rinsed in cold water. Chill. Serve in nests of lettuce and garnish with mayonnaise and olives.

MAPLE SPANISH CREAM

(Serves 6)

1 envelope Knox Sparkling Gelatine
2½ cups milk
⅔ cup maple syrup
3 eggs
¼ teaspoonful salt
1 teaspoonful vanilla

Pour milk in top of double boiler and soften gelatine in it. Place over hot water, add maple syrup and stir until dissolved. Pour slowly on yolks of eggs, slightly beaten with the salt; return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove, add flavoring and fold in lightly the whites of the eggs, beaten until stiff. Turn into one large or individual molds that have been rinsed in cold water, and place in refrigerator. (This will separate and form a jelly on the bottom with custard on top. If you do not wish this separation in two layers, allow custard to cool somewhat before adding the stiffly beaten egg whites.) When firm, unmold and serve with whipped cream, sliced oranges or any fruit or fruit juice.

ORANGE MARMALADE CHIFFON PIE

(Serves 6)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
½ cup hot water
1 cup orange marmalade
¼ teaspoonful salt
2 egg whites, stiffly beaten
½ cup heavy cream, whipped

Soften gelatine in cold water. Then add hot water, orange marmalade and salt. Stir until dissolved and set aside to cool. Beat the egg whites until stiff. When the jelly begins to thicken fold in the whipped cream and the egg whites. Place in previously baked pastry shell and chill until firm. Before serving, garnish with whipped cream.

REFRIGERATOR BREAD PUDDING

(Serves 6)

1 envelope Knox Sparkling Gelatine
2 cups milk
½ cup light or dark corn syrup or ⅓ cup sugar
¼ teaspoonful salt
4 slices white bread (2½ cups cubed)
2 eggs, slightly beaten
1 teaspoonful vanilla
Nutmeg, if desired

Soften gelatine in ¼ cup cold milk. Scald remaining milk with corn syrup (or sugar) and salt in double boiler. Add gelatine and stir until dissolved. Remove crusts and cut slices of bread into cubes. Pour hot milk slowly over beaten eggs, stirring constantly. Return to double boiler. Add bread cubes and cook until custard consistency, stirring constantly. Remove from heat. Add vanilla and beat with rotary beater until frothy. Turn into one large (or individual molds) that have been rinsed in cold water first. Chill. When firm, unmold and serve with cream or any sauce. Sprinkle with nutmeg. May be molded directly in serving dishes, if desired.

ARE ALL GELATINES ALIKE?

Knox Gelatine has been a favorite with American housewives for more than 50 years. Don't accept substitutes. And don't confuse Knox with ordinary ready-flavored gelatine dessert powders. They are mostly acid-flavored. only ⅛ protein. Knox is plain unflavored gelatine . . . pure protein. Knox contributes real protein value to your desserts and salads. Order it today from your grocer in the 4-envelope or large size 32-envelope package.

FREE! More grand Knox recipe booklets to help you with your meal-planning. Write today.

CHARLES B. KNOX GELATINE CO., INC., JOHNSTOWN, N. Y.

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